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Electronic Systems Center Public Affairs -- Best in the Air Force 1998

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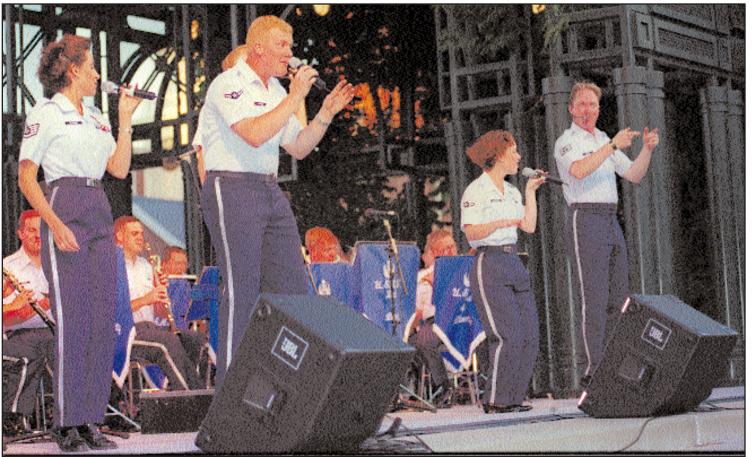


photo by Walter Santos

## Band to play with singers 'The Lettermen'

by Maj. Alan Sierichs Band of Liberty

Hanscom's Air Force Band of Liberty will perform Wednesday at Boston's City Hall Plaza at 7 p.m. and will be joined by special guest artists, The Lettermen.

The Lettermen had many chart-topping hits in the early days of rock and roll, and are still going strong. People from the "baby boom" generation may remember such hits as "Going Out of My Head," "Can't Take My Eyes Off of You," "When I Fall in Love," "Hurts So Bad" and many more.

The Air Force Band of Liberty will play its unique brand of American music with marches, swing, Broadway show tunes and patriotic music.

The concert is free and takes place on the plaza's stage.

City Hall Plaza is located at the Government Center stop on both the Green and Blue "T" lines.

### Air Force Band of Liberty performing in Lowell, Mass. at Boarding House Park.

by Jack Rankin **ESC Public Affairs** 

Comprehensive tests of computer systems which support the Airborne Warning and Control System are expected to demonstrate full Year 2000 compliance by early fall.

Managed by Electronic Systems Center, an extensive program involving numerous critical areas of AWACS capability is being undertaken to uncover any previously undiscovered Y2K bugs which could cause problems for the AWACS, according to program officials.

"Our objective is to realistically evaluate the ground and on-board mission software which operates the aircraft's mission computing system, Global Positioning System, Integrated Navigation System and other mission sub-systems to ensure the AWACS weapon system supports the warfighter seamlessly through the year 2000 and meets congressional mandates," said Col. Bradley Butler, AWACS program director at ESC.

"To achieve this goal we've created a team made up of people from ESC, AWACS Joint Test Force, engineers from the MITRE Corporation and experienced AWACS operators from the Aerospace Command and Control Intelligence, Surveillance and Reconnaissance Center's Detachment One, 605th Test Squadron," said Capt. Mark Chafe, AWACS Y2K program manager.

'This Joint Test Force gives us both testing and operator expertise in one unit and allows us to properly test and evaluate all new and modified systems for the entire AWACS fleet," said 1st Lt. Laird Abbott, AWACS test director.

The first phase of testing was recently completed and involved rolling forward the ground-based mission software generation computer to the year 2000

- AWACS (see page 8)

Airborne Warning and Control System Year 2000 compliance efforts on track



One of Electronic System Center's premier programs, the E-3 Sentry Airborne Warning and Control System is being tested for Year 2000 compliance.



Support group changes command today ESC stands up new program office





HAWC offers 'sensible weigh' to weight management

Straight Talk provides two-way communication between the 66th Air Base Wing commander and people on base.

A 24 hour-a-day telephone line and E-mail account (STRAIGHT TALK) are set up as ways for Hanscom's population to submit questions, complaints or comments, anonymously, if desired. All concerns are personally reviewed by the wing commander.

However, the quickest and most efficient way to communicate comments or complaints is to go right to the source. To assist you, we've listed points of contact and telephone numbers for several key support organizations.

Also, don't forget your supervisor, commander or first sergeant. They're there to help you.

If you are not satisfied with the



Col. Chris T. Anzalone 66th Air Base Wing commander

response you receive, or are unable to solve the problem, please call the Straight Talk hot line at 3-3732.

•	
■ 66th Air Base Wing Vice Commander	Lt. Col. Robert Taylor3-3901
Col. Peggy A. Shaw3-2302	■ Mission Support Squadron Commander
■ 66th Support Group Commander	Lt. Col. Darrell P. Keating3-8875
Col. Robert R. Tovado3-2302	Security Police Commander
■ ESC Command Chief Master Sergeant	Maj. Roger A. McNeal3-4150
Chief Master Sgt. Frank W. Holmes Jr3-5115	■ Communication, Information Division Director
■ Medical Commander	Lt. Col. Denise Taylor3-7500
Col. Patrick F. Phelan3-4703	■ Civilian Personnel Division Director
■ Civil Engineer Commander	L. Fay Striker3-2723
Lt. Col. Thomas J. Schluckebier3-3526	■ Logistics Squadron Commander
Services Commander	Lt. Col. Donald A. Flowers3-3461

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Submissions must be received at least one week prior to each Friday's publication.

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Business and rental ads are available for a fee. Call (781) 433-7940.

To place an ad, first complete a classified ad form. Forms are available in the ESC Public Affairs Office, Bldg. 1606, Room 109.

Next, mail the form through BITC to ESC/PA, fax a copy to Theresa Feely at 3-5077 or hand-carry it to the above location. Deadline is noon Friday.

For more information, call the Hansconian office at 3-3912.

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#### Per diem rates

uestion: Why is it every time I call Travel Pay for a per diem rate or any kind of clarification on per diem at all, I get, "Well, you really should be checking the Web Site, and here it is, and that's how you do it"? Not everybody uses the Web, not everybody has time to wait for the Web to come up. If it is after 7:30 a.m. and I have somebody traveling and I don't have the answer. I don't have the 20 minutes it takes to wait for the Web to come up to get that answer. Why is it Travel Pay does not want to give me the per diem rate?

Answer: Welcome to Cyber-space! What we have here is a symptom, albeit growing pains, of an "advanced technology" way of doing business. The Travel Pay office does provide per diem rates

for orders approving officials and customers. However, in this age of the Web (translate: use advanced technology to reduce manpower costs), they strongly recommend OAOs and customers use Website for Per Diem rates (www.dtic.mil/perdiem). They also have the link in their bimonthly newsletter and the ESC/FMF web site.

You can download per diem rates and save the information as a Word document. Stateside per diem rates only change Jan. 1 of each year. The only time you would be required to look up per diem rates is when inquiring about overseas rates, which occasionally change monthly. Customers must be knowledgeable of, and be able to access the web site to increase their awareness of the options available. The result is quicker and more effective service to the entire

base populace.

Other technical advances are on the horizon. For instance, Travel Pay is preparing the base for Defense Travel System, a system where you will input vouchers from your office and receive approval and payment without going to Finance. When this system is in place, Finance will lose travel computation technicians, approximately 50 percent of their customer service section. The base is scheduled to come online with DTS June 1, 2000, and a contractor will be providing training to all OAOs approximately January 2000.

Until then, Finance has pledged to provide the best customer service and educate customers on the technologies available to service them. Address any further concerns to the chief of Pay Services, Master Sgt. Lawrence Hess at 3-4368.

## Future warfighters need F-22 capabilities

WRIGHT-PATTERSON AFB, OHIO — The Air Force is calling for restored funding for its newest, most advanced aircraft, the F-22 Raptor, following a vote by the House Appropriations Committee July 16 to eliminate \$1.8 billion in production funding in fiscal 2000. This would delay production start by a year.

"The F-22 is critical to our national defense, providing the Air Force with unmatched air superiority for the 21st Century," said Gen. George T. Babbitt, commander of Air Force Materiel Command. "Without the F-22, our future warfighting capabilities will be threatened."

Air Force and DoD officials will continue to work with members of the House and Senate as both chambers debate the future of the aircraft.

Following are some of the most commonly asked questions about the F-22, its capabilities and its critical role in national defense.

**Q:** Isn't it reasonable for the Air Force to take a year's breather on this program?

A: It's more complex than that. The Air Force and its F-22 corporate team members can't just drop everything and wait a year to start up again. F-22 operational capability would slip from 2005 to 2007. It would cost \$6.5 billion to get the program back on track, would require a costly Service Life Extension Program for the F-15 and would negatively impact the Joint Strike Fighter program development.

Q: Why does the Air Force need the F-22? Won't the Joint Strike Fighter replace the F-15 and F-16?

A: Missions performed by the F-15 and F-16 in the skies above today's battlefields will be performed by the F-22 and JSF, respectively, in 2010 and beyond. The F-22 is the air superiority aircraft that will clear the way for follow-on forces. The JSF will attack ground targets and enemy troops and provide American and allied ground forces with close air support. This highly-effective aircraft and mission combination is often referred to as the High/Low mix.

**Q:** Isn't talk about threats to U.S. air superiority just an excuse to buy a new airplane?

**A:** No. Air superiority fighters are the first in theater, providing cover for incoming friendly forces. We cannot predict what kind of enemy capabilities we will face, but we know our enemies will exploit any

weakness. The fighter aircraft we deploy to attain and maintain air superiority must have an overwhelming capability advantage. Our warfighters need to deter future adversaries and be able to fight outnumbered and win.

**Q:** Hasn't the Air Force proved that it has no competition for air superiority?

**A:** Potential adversaries looked at the American way of war and concluded that one way to counter our air dominance is with sophisticated air defenses built around modern surface to air missile systems. We expect our enemies and potential enemies to field such systems in the next decade. We can counter them with the stealth, supercruise and avionics of the F-22.

**Q:** Couldn't the money the Air Force wants to spend on the F-22 be better used in improving its people programs and facilities?

**A:** The Air Force shares congressional concern for the current state of welfare, morale, facilities and equipment of our people, but it is imperative that we take care of present concerns at the same time that we consider and provide for future operational requirements, without sacrificing one or the other.

Q:Can't the Air Force continue to upgrade the F-15 and make it stealthier at a lower cost than the F-22? A: No. An upgraded F-15 would not provide the stealth, supercruise and maneuverability of the F-22, would consume resources planned for F-22 development and would still leave air superiority over future battlefields uncertain.

**Q:** Will canceling F-22 production affect any other aircraft in development?

**A:** There is a significant synergy among the F-22, JSF and F-18 upgrade programs. There is tremendous insight to be gained during production of the first six F-22 aircraft. Losing or delaying valuable technology lessons would result in related development delays, and possible cost increases for the JSF and F-18 upgrade programs.

(Questions and answers compiled by the Headquarters AFMC Public Affairs Office from information disseminated through speeches, news conferences, news releases, statements and other documents from Air Force senior leadership.)

# Shaw moves to vice commander of wing Tovado assumes command of support group today

**by 1st Lt. Shawn Campbell** 66th Support Group

Command of the 66th Support Group changes hands today at 10 a.m. in the Flight Training Center hangar when Col. Robert R. Tovado replaces Col. Peggy A. Shaw.

Shaw is moving to the 66th Air Base Wing as the vice commander.

Everyone is invited to attend the formal change of command ceremony and the welcome reception for Tovado immediately following in the Officer's Club.

Shaw will leave her position as commander, 66th Support Group, but her numerous contributions have greatly enhanced the lives of everyone working, living and enjoying Hanscom over the past two years.

As the support group commander, Shaw was responsible for providing base level operating support to the Electronic Systems Center, Air Force Research Laboratory and over 200 geographically separated units in seven states. She was



Col. Robert R. Tovado

responsible for the operation of essential base support functions including communications, civilian personnel, services, mission support, security forces and civil engineering on an annual budget of over \$47 million.

Her operations include supporting quality of life programs enjoyed by more than 100,000 military, DoD civilians, contractors and retirees.

"The support group focus has been to facilitate the acquisition mission while ensuring high quality of life for Hanscom's people," said Shaw. "It has been my honor to serve with men and women of the support group team as their commander."

Shaw led the support group through two groundbreaking and incredibly successful years. Under her leadership, the Support Group completed over \$40 million worth of facility, programs, communications and computing infrastructure upgrades, including ramrodding the "Pole Away" project, renovation of both the enlisted and officer's club, fitness and sports center upgrades, ensuring Y2K computer support compliance across the center and completion of Musket Meadows housing phase II construction. She spearheaded efforts netting a new Base Exchange and Commissary installation project, and expansion of Hanscom's two off-base recreational sites, Family Camp and Fourth Cliff.

In the midst of caring for customers, ensuring the safety and protection of Hanscom Air Force base, maintaining roads and grounds through the four seasons and caring for Hanscom's day-to-day operations, she directed Boston Air Show 1998.

Under her direction, over 100 hundred static and performing aircraft, including the Navy's Blue Angels and the Army's premier jump team, the Golden Knights, highlighted the show.

She marshaled the air show team welcoming hundreds of thousands of visitors over the three-day event, making it one of the five largest military air shows in the country. Her efforts directing the show allowed for huge investment in renovation and quality of life projects over the past year.

She led the support group to an unprecedented number of awards including: four national, four Air Force, 23 command, and 17 wing level awards. In addition, the support group won the Air Force Outstanding Unit Award for 1998.

"It's hard to relinquish command of such a great unit. In all my years in the Air Force, this has been the capstone experience. That's a great credit to the men and women of the support group who work miracles each and every day," said Shaw. "I am honored that Lt. Gen. Kenne has asked me to stay at Hanscom as the wing's vice commander to serve our community and to work side-by-side with some of the finest members of our Air Force."

Tovado joins Team Hanscom from Maxwell AFB, Ala., where he recently completed Air War College in residence.

"It's an honor and a privilege to defend freedom and the American way of life by serving as the 66th Support Group commander. My vision for command is simple, together we will create the best place to live, work, play and grow personally, professionally and spiritually," said Tovado.

Tovado entered the Air Force in 1976 through the Reserve Officer Training Corps, Detachment 100, at the University of Northern Colorado, Greeley, Colo.

Tovado has held positions as a chief personnel officer at Wurtsmith AFB, Mich., Aviano AB, Italy, personnel data systems instructor for Consolidated Base Personnel Office chief management at Keesler, AFB, Miss., and as squadron



Col. Peggy A. Shaw

commander at Howard AFB, Panama, and Malmstrom AFB, Mont. Tovado is a joint service officer and has worked DoD mobilization requirements analysis for the Joint Operations Planning and Execution System, and as Air Cell chief for the U.S. Transportation Command Crisis Action Team for Operation Restore Hope.

Tovado became the first mission support squadron commander in combat, leading the 24th during Operation Just Cause in December 1989 through January 1990. He deployed to Operation Sea Signal at Guantanamo Bay, Cuba, serving as a U.S. troop camp commander at Camp Phillips, and worked on the air staff as the Deputy Chief of Staff, Personnel, representative to the Air Force Operations Group working as the chief of Current and Joint Operations supporting Operation Desert Strike, Desert Focus, Joint Guard, and Southern Watch.

## Communications and Information changes director, realigns under the Wing

Col. Chris T. Anzalone presents the guidon to Lt. Col. Denise Taylor who took the directorship of the Communications and Information unit. (photo by Linda LaBonte Britt)



by James Pettigrew

Communications and Information division

Two important events occurred July 16, greatly impacting the men and women of the Communications and Information Division. They welcomed a new leader, and had realignment in their chain of command.

A change of directorship from Lt. Col. Diana M. Youngs to Lt. Col. Denise Taylor took place.

Youngs had a successful tenure, leading her unit through many challenges, including three Office of Management and Budget Circular A-76 actions.

Taylor assumes control as the unit continues direct conversion to contractor support for Information Technology and Communications Operations activities.

The second event involves the realignment of the division from under the 66th Support Group to a position directly under the 66th Air Base Wing.

The move, while creating a unique alignment for base communication units, provides the unit with the direct leadership necessary for continued success.

## **ESC** stands up new program office

**by Roy K. Heitman** ESC Public Affairs

Electronic Systems Center's newest program office began with approval by the Department of Defense in November and was formed last month when Col. Russell N. Peter became program director.

A cadre for the new Commanders-in-Chief Interoperability Program Office began coming together in December and the office was formally created June 25.

"We're part of, and will work closely with, the Joint Force Program Office structure. Each year a different service heads the structure and our turn should come in a year or two," Peter said. The Army's portion, Communications and Electronics Command, is located at Fort Monmouth, N.J. and the Navy's, Space and Naval Warfare Systems Command, is at San Diego.

"The mission of CI, our twoletter designation, is to have the acquisition community solve interoperability problems of the commanders-in-chiefs of the unified commands," Peter said. "We were given three objectives: solve these interoperability problems, make sure when a joint system is 'born' it is truly joint and make sure the laboratory structure here, which is the Command and Control Unified Battlespace Environment, runs interoperability experiments with labs owned by other services."

Proposed tasks for the new program office include Tactical Data Link Interoperability, U.S. Strategic Command interoperability with theater systems, Space Tracking System common database and algorithms and Advanced Field Artillery Tactical Data System interface with Theater Battle Management Core System.

The new group will also look at the Command Center of the Future, Coalition Interoperability problems that had not been taken into account when U.S. systems were developed

and conduct an assessment of Joint Expeditionary Force Experiment '99.

The next step here is to resolve current issues, develop our metrics, finalize the Joint Force concept of operations and begin participating in joint forums," Peter said.

A small organization, the new office has five program officers assigned, four Air Force and one Army, plus administrative people. At full strength this fall, 18 program officers will be assigned, equally divided between the Air Force, Army and Navy.

Peter was formerly director of the Force Protection System Program Office.



photo by Airman Theresa Fike

Interoperability Program Manager Capt. Paul Didomenico (left), Program Director Col. Russell N. Peter and Deputy Director Mark Siewers hang up the logo marking the location of the newly formed Commanders-in-Chief Interoperability Program Office.

## Hanscom community members help in Honduras

by Jan Beebe

**ESC Public Affairs** 

Temporary duty can change a person's life but perhaps not as dramatically as it did that of Tech. Sgt. Luke Humphrey, acquisitions security manager at MITRE.

Humprey's influence has also changed the lives of his son and another Hanscom young adult, Mary Meehan.

Nearly three years ago, Humphrey was sent to Honduras for a short remote tour in support of Joint Task Force Bravo. When he returned he vowed he would go back sometime on his own time to help the people there. He finally got his chance this summer.

Humphrey not only wanted to return to Honduras but he was determined to share his experiences with his family. However, they were never quite able to get the money together for the three round-trip airplane tickets.

This April, though, the Humphreys received a tax return that was just enough. Humphrey's wife, Helen, was unable to take time off but she encouraged her husband and son to grab the opportunity.

Humphrey and his 11-year-old son, Luke Jr., planned June 28 as the departure date for their 18-day journey.

Meehan, daughter of Ed and Maureen Meehan, heard Humphrey talk about the people of Honduras and his upcoming trip and asked if she could join them.

Meehan came home from college for Mother's Day this year and heard Humphrey speak at church. She didn't indicate any interest at the time, but surprised both her parents at the end of the semester by asking if she could go to Hon-

Meehan is a 21-year-old senior at the University of New



photo by Luke Humphry Jr.

Hampshire majoring in English. She hasn't yet chosen her precise post-graduation field but she has an interest in something like the Peace Corps or Americorps.

"I worked with Habitat for Humanity in Charleston, S.C. during one spring break and I enjoyed the experience," Meehan said.

"Honduras," she continued, "is much, much different, if only because, with Habitat, you are still in your own culture."

Meehan started her own adventure a little early ... or perhaps a little late, depending on the point of view. She missed her flight to Central America and had to stay in Miami overnight until she could catch the next flight out.

Because the Meehans are a military family, they have moved often and she has travel experience. In fact, she has lived overseas, in both England and Korea.

Still, she needed a passport and some other things to quickly prepare for the trip, including a cram-course in Spanish. She spent the first few weeks of summer vacation listening persistently to a set of foreign language tapes.

Regardless of her past experiences, she said this trip was a real eye-opener.

"I can stay in the U.S. and talk all I want about how concerned I am about poor people.

But until you go, you really have no idea what it's like for people in other countries, "Meehan said. "I have such respect for these people and what they go through daily. I now value more what I have, and realize that most of us in America actually probably have too much."

The threesome worked at what is called an "abandoned mothers' home," similar to a women's shelter in the United

The shelter gives food, clothing, housing, some education and some training in parenting in exchange for work on the compound.

The project at this particular shelter was a chicken farm. The chickens are looked after until they go to market and



photo by Tech. Sgt. Luke Humphry

Above: Luke Humphrey and Mary Meehan help dig foundations for additions on the family quarters at a women's shelter. Right: Luke Humprey Jr. has his first experience at a Honduran "laudromat."

Excerpts from the April 2, 1997 news release from Bonnie Powell, Public Affairs Officer, Defense Commissary Agency..

According to Tony the Tiger, "They're GR-r-r-r-eat!"

He's talking about the people that he will be sharing the cereal box with during the early part of May. The four 1997 "VIP" (Very Important Patriot) winners from the National Military Family Association will be featured on special boxes of Frosted Flakes.

The four VIPs were chosen from among 219 nominations from spouse clubs and family services support centers in 33 states and 11

Tech Sgt. Luke Humphrey, currently assigned to Electronic Systems Center, Information Operations branch at Hanscom AFB, was nominated by the Family Support Center when he was assigned to the 66th Security Forces Squadron. While serving in Honduras during Joint Task Force Bravo he donated \$1,500 of his per diem and spent his days off working at five orphanages.

"I believe he gave his entire \$1,000 prize to charity also," said Tomi Busch of NFMA.

The 1997 winners were all flown to Washington, where they received a plaque, a \$1,000 prize and \$1,000 for their nominating organization. Besides taking part in a sightseeing tour and the awards luncheon, the winners also appeared as a group on the front of the cereal boxes and were profiled individually on the back.

According to Kellogg account executive Lynn Curry, "We decided to go the extra mile this year – just like the volunteers do."

the money they bring in helps support the mission.

At present the housing for each family consists of only one room. Part of the work the threesome did was to dig foundations to put additions on the tiny accommodations.

Humphrey's son adjusted well to the austere conditions, according to his dad. Although quiet and sometimes even shy around Hanscom, Humphrey was pleasantly surprised at how eager Luke was to make friends with the Honduran children. He said, "Luke was completely out of his element, yet he seemed right in his element. I was really proud of him."

Luke also has reasons to be proud of his father. In 1997, Humphrey was one of four honorees from the National Military Family Association to be given its annual award.

Candidates are chosen from all active duty, reserve and retired members and their dependents from all the uniformed services. They are chosen because they have improved the quality of life in their military and civilian communities.

According to Master Sgt. Tom Brown, Humphrey's supervisor at MITRE, "Luke's history of volunteer efforts is what truly sets him apart. He cares."

Luke appears to be following in his father's footsteps. Asked about the trip, he said, "Going to Honduras was a life-changing, learning experience for me by living among the poor and helping other people. It made me realize how lucky we are in the United States."

It appears that TDY does change lives, perhaps in more ways than usually thought.

the Fitness Center's Life Cycle machines.

## Fitness trainers available to assist in physical conditioning



photo by Airman Theresa M. Fike **Mike Abruzese assists Rhianna Ryer during her workout on one of** 

**by Airman Theresa Fike**ESC Public Affairs

Do you ever think about incorporating a fitness routine into your lifestyle, but perhaps the gym equipment frightens you or you

don't know where to start to reach a certain goal?

The base gym has five fitness trainers who specialize in helping people design workout programs that fit their personal needs and familiarizing them with the equipment involved.

From wanting to lose weight, gain weight, get toned or get ready for that upcoming cycle ergometry test, the trainers work with people individually to find out what the person wants to accomplish and discuss how that can be obtained, said Mike Abruzese, fitness and sports director at the gym.

The initial visit will consist of a fitness assessment evaluation to see where the person is physically at the moment and act as a benchmark.

All of the trainers are certified and know how to accommodate everyone's needs, said Abruzese.

About 20 percent of the people who use the gym have a trainer helping them.

"Fitness is a fun thing and it will help you maintain a healthy, comfortable lifestyle," said Abruzese.

If you are interested in this free program, call to set up an appointment at the gym at 3-3639.

## AF institutes new weight management program

#### by Hal McKenzie

Warner-Robins Air Logistics Public Affairs

Robins AFB, Ga. — If anyone thought the Air Force wasn't serious about keeping its personnel fit and trim, they should think again.

The Air Force instituted a new Weight and Body Fat Management Program effective July 1 that ensures more consistency in measuring body fat, improved medical care for those undergoing a weight-reduction program and stricter longterm monitoring to prevent backsliding.

Bridgett Zimmerman, Health and Wellness director at Robins Air Force Base, Ga., said while some grumbling may inevitably greet the new regulations, "it will help people to learn new habits. Overall it's to their advantage."

The person is measured using a special tape called a Gulick II. The tape has a spring on the end to minimize tension, which can skew results. Zimmerman said this will ensure consistent results, because the same kind of tape will be used and the same personnel will take the measurements.

The results are documented and sent back to the commanders support staff. Form 108 is used to determine whether a person is over the recommended body-fat percentage using a mathematical formula combining height, weight and body measurements.

Members identified as over body fat are then evaluated by the Military Treatment Facility to decide whether they can enter a threemonth exercise and dietary period, which is http://afpubs.hq.af.mil.

phase one of a nine-month program. Unit commanders can exempt individuals only for medical reasons. However, exemptions can not exceed one year.

Once members are enrolled in the program, they cannot get out even if they meet Air Force body fat standards ahead of time. However, as soon as they meet standards, they are immediately transferred to Phase 2.

In the past, "people would fast or take a crash diet and lose some pounds just to get out, then they'd go out and eat pizza," Zimmerman said. "This time they are followed for the entire nine months."

Information on the new program is available the Air Force Web

## HAWC offers 'sensible weigh' to help members manage weight

by Jan Beebe

**ESC Public Affairs** 

Hanscom's Health and Wellness Center is following a Weight and Body Fat Program instituted by the Air Force July 1. The body fat measurements are done at the HAWC, although fitness center personnel take the measurements.

In an effort to help those needing to lose weight, the base is offering a new diet program called the "Sensible Weigh." The first class will be scheduled for July 27.

According to Maj. Heather Ktenidis, director of the HAWC, the program begins with four weekly classes. The first one is evaluation. The

next one discusses the various methods that can be used for losing weight. The third gives information about exercise and exercise options. The last deals with behavior modification and the emotional side of weight gain and loss.

The program also requires two electives. These include activities such as the fitness evaluation that is offered by the gym or a tour of the gym, including the proper use of all equipment.

The HAWC will continue to offer their other wide-ranging classes. At this time, there is a class on how to look for healthy alternatives on restaurant menus and a hands-on healthy cooking class.

Call 3-6560 for information on the new body fat program, the "Sensible Weigh" or the HAWC's current schedule of classes.

### **Program** detailed

by Airman Jason Bowers 66th Mission Support Squadron

When members are identified as exceeding body fat standards, the unit commander will enroll them in a threemonth exercise and dietary program. Members will then be re-evaluated.

If standards are met, they will be directly entered into Phase 2. If not, they will immediately enter into Phase 1 and the following career factors will be affected:

If making satisfactory progress, enlisted members are eligible to the WAPS test and to have the test scored. Members are ineligible to assume a higher grade, to reenlist or to attend officer or enlisted professional militay education.

Once members make standards and enter Phase 2, they will be eligible for promotion, reenlistment and PME.

All questions on personnel issues can be directed to the special actions office at 3-2347.

#### Awacs (from page 1) -

in order to test its compatibility with the on-board computer systems with which it must operate.

"While the aircraft's computer systems don't keep track of dates, the ground computer, which actually generates the mission software, does," said Abbott.

The ground computer system develops a program for each mission which is installed on the E-3 aircraft by means of a Removable Memory Assembly.

"The RMA is actually a portable hard-drive which is trans-

ferred from the ground-based computer to the aircraft for each mission," said Abbott.

"This is a critical test because, if there is a year 2000 flaw in the ground computer system, the computer systems on-board the AWACS itself may not be able to operate at all," said Abbott.

The demonstrations were performed through a cooperative effort between the AWACS Joint Task Force, the 552nd Air Control Wing and the 513th Air Control Group at Tinker Air Force Base, Okla.

Several sorties were performed using mission software generated from the ground station computer and all were completed without any Year 2000-specific failures on-board the aircraft.

"We successfully tested Y2K compatibility on a Block 30/35 AWACS and on a live-fire exercise involving 18 participating aircraft," said Abbott.

Further demonstrations are planned throughout the summer and will involve the other mission critical sub-systems, according to Butler.

"We will focus our efforts not only on testing all on-board systems, but also in demonstrating the AWACS' interoperability with other Department of Defense weapon systems. Our goal is to successfully demonstrate that the AWACS is capable of operating in a Y2K environment with no mission impacting flaws whatsoever, and we are continually proving that it can do this," said Butler.

## Calendar of Events

#### **Upcoming and Weeklies**

#### **Airman Education and Commissioning Program**

The Airman Education and Commissioning Program is open to airmen with two years of college pursing a baccalaureate degree in meteorology, computer engineering, electrical engineering, foreign languages or foreign area studies.

The application cut off dates for a memorandum of academic eligibility is due to AFIT/RRE Dec. 1. Applicants who successfully complete their academic phase of AECP will enter Officer Training School.

Interested individuals should contact the base education office at 3-3120 to schedule an appointment with a counselor.

#### **IMPAC Cards**

IMPAC cardholders can purchase over \$2,500 with the IMPAC card. Cardholders can join the IMPAC Team Tuesday to find out how. The class will last about an hour. E-mail ESC PKO-IMPAC to reserve a seat.

#### Hazardous waste turn-in

Household hazardous waste turn-in is at Bldg. 1820, Dow Street, in the 66th Civil Engineering Squandron complex from 8 to 9 a.m. every Tuesday.

This turn-in is available for both on-base residents and base organizations.

For information contact Robert Spelfogel at 3-8207.

#### Scholarships for Airmen to ROTC Program

The Air Force ROTC Scholarships for Outstanding Airmen to ROTC Program authorizes commanders to identify outstanding and deserving airmen for two to four year undergraduate scholarships. Commanders are encouraged to seek out their strongest performers with exceptional potential, motivating them to complete college degrees and be commissioned through AFROTC. These scholarships pay for all required tuition or fees and textbooks, but do not include room and board. Air Force Material Command has received four slots. Selectees will attend college starting in Fall 99.

SOAR winners are required to separate from active duty to accept the scholarship. Once they do, they will receive a scholarship paying full tuition, fees, books and \$150 per month. In return they agree to accept a commission and serve on active duty for four years upon graduation (additional commitment may apply to those elected for aviation duty). Individuals must finish school and be commissioned before age 27 and must have a minimum grade point average of 2.5.

Due to the lengthy application process and the time required to obtain Air Force Officer Qualification Test and SAT test results, interested individuals should begin the process now. Applications will be due in September 1999.

Interested individuals should call 3-3120 and schedule an appointment with an education counselor.

#### **Funded Certification Examination Pilot Programs**

Eligible military candidates have until Sept. 30 to participate in the funded certification examination pilot programs. Funded examinations are available for the Lizison Council on Certification for the Surgical Technologist, Institute for Certified Computing Professionals and Electronics Technicians Association, International - Fiber Optics Installer.

For additional information, go to the certification web page at: http://voled.doded.mil/dantes/cert/index.htm or call DSN 922-1360 or (850) 452-1360.

#### **Golf invitational**

The New England Chapter of the Association of Graduates will sponsor its annual golf outing Aug. 3 with the support of Air Force Association and Armed Forces Communications and Electronics Association at Townsend Ridge Chamber of Commerce, starting at 8 a.m.

In continuing the association's tradition of reduced entrance fees, the entry fee for government or military personnel is \$50 and \$90 for all other participants. All entry fees go toward expenses (green fee, cart rental, dinner and prizes) and a contribution to the Air Force Academy Fund. Once again, the Commander's Trophy will be up for grabs and there will be over \$1,000 worth of "door" prizes. Cut-off date for all transactions will be Wednesday.

For registration information, call Capt. Trevor Haak at 3-6814 or write to haakt@hanscom.af.mil.

#### **Promotion ceremony**

A promotion ceremony is scheduled for Lt. Col. (Dr.) Antonia Silva-Hale, July 30 at 2 p.m at the Officers' Club, reception to follow.

Respond as soon as possible by calling 3-4234.

#### Volunteers Needed for Recruiting Program

The 319th Recruiting Squadron is looking for activeduty members to volunteer for the Recruiting Role Model Assistance program.

Volunteers will talk about their area of expertise to high school students throughout the New England area.

For information about the program or to volunteer, contact Tech. Sgt. Michael Lord or Staff Sgt. Claudette Hutchinson at (603) 427-5055.

#### Sign Language Volunteers

There are several hearing impaired employees at Hanscom who are in need of interpretive services. Volunteers who are familiar with sign language are being asked to help these employees at meetings, conferences and official functions.

Even a short amount of time can make a significant difference to the hearing impaired on the base. Experience with American sign language, signed English and finger spelling would be helpful.

For information, call Laurie Cunningham at 3-

## Patriot Dining Facility

facility are as follows: Breakfast — 6 to 8 a.m. Lunch - 11 a.m. to 1 p.m.

#### **Friday**

Lunch: fried fish, breaded pork steak Dinner: chicken nuggets, vegetarian pizza\*

#### **Saturday**

Brunch: chili mac, savory baked chicken\*

Supper: burritos, chicken lomein\*

#### Sunday

Brunch: turkey a'la king, veal steak Supper: tuna melt sandwich, roast pork loin\*

#### Monday

Lunch: chicken Kiev, hamburger Dinner: yakisoba

The weekday hours of the Dinner — 4 to 6 p.m. Weekend and holiday hours: Brunch — 7 a.m. to 1 p.m. Supper — 4 to 6 p.m.

Dinner: barbecued chicken, roast beef

#### **Tuesday**

Lunch: sloppy Joe, broccoli and chicken casserole\* Dinner: grilled ham steak\*, lemon turkey with pasta\*

#### Wednesday

Lunch: beef lasagna, veal parmesan Dinner: sweet and sour chicken, reuben sandwich

#### **Thursday**

Lunch: tomato meatloaf, mustard chicken breast\* Swedish meatballs. turkey curry

Items listed with an "\*" are "Check It Out" healthy items. For information on the facility or the menu call Master Sgt. Harold Warnett at 3-2189. NOTE: Menu items are subject to change.

## Colomigil



Theater

Friday 7:30 p.m. -- INSTINCT - Held captive in a brutal prison for the criminally insane, primatologist Ethan Powell who has not spoken in years is remanded to psychiatrist Theo Caulder who must try to unlock the dark mystery from the mind of what appears to be a madman. **R** (some intense violent behavior) 126 min Starring: Anthony Hopkins, Cuba Gooding, Jr.

Saturday 7:30 p.m. -- THE THIRTEENTH **FLOOR** - Business tycoon Hannon Fuller's mysterious death reveals his double life that veers between two parallel worlds, one real

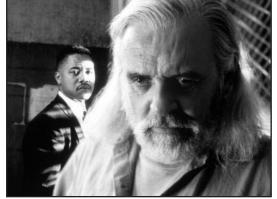


photo courtesy of movieweb.com

and one computer simulated, one in 1937 Los Angeles and one in the present day Los Angeles. R (violence and language ) 120 min Starring: Armin Mueller-Stahl, Craig **Bierko** 

#### Sunday 7:30 p.m. -- INSTINCT

Admission is \$3 for adults and \$1.50 for children. Schedule is subject to change without notice. Call 3-7940 for movie information.

## Happenings

#### **Fitness enhancement**

☐ Back safety class will be held at the HAWC Thursday, 10 to 11 a.m. Learn to build a stronger, more flexible and fit back, and how to prevent straining your back.

Call 3-6560 to register.

□ Carpal tunnel syndrome prevention class will be held at the HAWC Thursday, 2 to 3 p.m. carpal tunnel syndrome is a health hazard afflicting many office workers today. If you work on a computer and are concerned about injuring your wrists come to the carpal tunnel syndrome prevention class.

Call 3-6560 to register.

☐ Assertiveness training will be held at the HAWC July 30. This is the final class in a six-part series on learning how to express your feelings and needs to others forcefully and honestly, yet politely, which can significantly reduce your level of stress.

Call 3-6560 to register.

#### **Parenting**

☐ The teen mystique will be held at the Family Support Center Tuesday and Wednesday, 11:30 a.m. to 12:30 p.m. Peter Griffiths, outreach manager from Counseling and Prevention Services, will discuss the nuts and bolts of the adolescent experience to help parents gain a deeper understanding of the unique challenges of issues related to teen stress, helping teens deal with growing pains, possible indicators of problems with your teens and what to do about them.

Call 3-4222 to register.

#### Work and life

- □ Veterans Affairs disability claims review will be held at the Family Support Center Wednesday, 10 a.m. to 1 p.m. A representative from AMVETS, a veterans' service organization, will assist you in processing your disability claim and answer questions. Call 3-4222 for an appointment.
- ☐ Newcomers "T" Adventure will be held at the Family Support Center July 30, 8 a.m. to 3:30 p.m. Newcomers are invited to a fun, informational seminar to find out what's going on at Hanscom and in Boston. Afterward, ride into Boston with us using the "T". All you'll need is an adventurous spirit and \$4 for bus and subway fares. You can bring a lunch or purchase lunch downtown. This program is part of the community orientation for inprocessing so newly arrived service members do not have to take leave to attend. Call 3-4222 to register.

#### **Thrift Shop, 274-8079**

☐ The Minuteman Thrift Shop hours of operation are Thursday, Friday and Saturday from 10 a.m. to 2 p.m. July 1 through Aug. 7. During the summer, the Thrift Shop is only open for sales. We will begin taking consignments in September.

For information, or to leave a message, contact the Thrift Shop managers at 274-8079.

#### **Civil Engineering**

☐ The base recycling program contractor will pick up hamper bins or carts Wednesdays from 8 a.m. to 5 p.m. Bins must be consolidated in one location. The building manager must call the recycling office at 3-4272. Leave the building number and location of the carts on your message.

Deadlines are Tuesdays at noon. Messages left after noon Tuesdays will be sent to the contractor for pickup the next week.

## Air Force Sergeants Association

☐ The Air Force Sergeants Association holds its monthly meeting the last Thursday of every month at 12:30 p.m. in the Enlisted Club. The meeting is a working lunch and is open to all ranks.

For information call 3-3748 or 271-5818.

## Patriot Enlisted Association

☐ The association is an open forum for all technical sergeants and below to discuss issues as peers.

The group builds teamwork to make a difference in the community and serves as a voice to the ESC command chief master sergeant on issues such as dorms, community involvement and quality of life matters. Monthly meetings are held the third Wednesday of each month at 3 p.m. in the Enlisted Club.

For information contact Senior Airman Matthew Knoll 3-3379.

## Patriot Senior NCO Association

☐ The Top Three Association is a professional membership association for senior non-commissioned officers, active duty and retired.

The group actively supports the men and women of Hanscom and the surrounding communities. The Top Three also serves as a base network for problem-solving and encourages comradeship. Meetings are held the last Tuesday of every

month at the enlisted club.

For information call Master Sgt. Darryl Lindgens, 3-3459.

## Company Grade Officers' Council

☐ The Company Grade Officers Council is an organization open to all company grade officers (and all services) for the purpose of maintaining a forum for junior officers to serve the Hanscom community, identify and voice concerns, provide a social outlet and develop an esprit de corps among the members.

The Council is holding its next general assembly meeting today at the Mini-Golf Gazebo. A social will start at 4 p.m. and the meeting will run from 4:30 until 5 p.m.

The Council also sponsors crud every Friday night at the O Club crud room in the Powder Keg Pub. Crud starts around 5:30 p.m., and all new and experienced players are welcome.

For information on crud contact Capt. Mark Connell at 3-1777.

For details and information visit the CenterNet Website at http://esc.hanscom.af.mil/cgoc/orgC GOC.htm If you do not have access to the CenterNet, you can visit our WWW site at http://www.hanscom.af.mil/CGOC.

For information contact CGOC President 1st Lt. Marty Mears 271-2983, or Vice President Capt. Nicole Moses 3-8036.

#### **Officers' Wives' Club**

☐ The Officers' Wives' Club extends an invitation to those eligible officers' spouses to become members. This club hosts a monthly meeting for social and service purposes. In addition, numerous activity groups are offered to our members such as bridge, bowling, bunco, mah-jong and book and garden clubs. Consider a membership in this club and experience the many benefits it has to offer you. For membership information call Kendra Ellmyer at 274-7489

For activities information call Lisa O'Neill at (978) 244-0448.

#### **Cub Scouts**

□ **Cub Scouts** provides boys in first through fifth grade with a chance to learn and grow in a thriving program that is deep in tradition and lots of fun.

If you have a boy interested in scouting or wish to get involved as an adult volunteer, call Cubmaster Kathy Schnepf at 274-0120.



#### Chapel, Bldg. 1603, 3-3538

- ☐ Catholic Masses: Saturdays at 5 p.m., Sundays at 7:30 and 11 a.m. and weekdays at 12:05 p.m.
- ☐ **Protestant worship:** general Protestant Service Sundays at 9 a.m.; Gospel Service Sundays at 12:30 p.m.
- ☐ **Jewish services:** the first and third Friday of the month from 11:30 a.m. to 12:30 p.m.
- ☐ **Eastern Orthodox:** for information contact Tech. Sgt. James M. Boubonis at 274-8714.
- ☐ **For information** on chapel services, call 3-3538 or 3-3539.

#### **Chapel events**

#### Musical concert

Outdoor musical concert and luncheon Tuesday.

Everyone is invited to join the whole base at the chapel at 11:30 a.m. for a barbecue luncheon on the Chapel lawn and a wonderful 40 minute musical presented by the Frazer Memorial United Methodist Church Youth Choir from Montgomery, Ala. This youth choir is on its annual national tour and arrangements have been made for it to stop here at Hanscom and give us a chance to enjoy its music and message while also enjoying a luncheon. You may pick up your ticket (no charge — chapel is providing the catered luncheon and will be accepting donations that day!) at the chapel office.

Call the chapel secretary at 3-3538 for information.

#### Archbishop Edwin O'Brien visits Hanscom

The Catholic parish welcomes Archbishop Edwin O'Brien to the Hanscom Chapel Aug. 1. Everyone is welcome to attend the morning Mass that Sunday, beginning fifteen minutes earlier than usual, at 10:45 a.m. A free parish buffet will follow at noon in the chapel annex and a teenager or young adult meeting will be held at 1 p.m. in the Chapel Conference room. As we are expecting a number of guests for Monsignor Lt. Col. Sandi's investiture, guests are urged to get to the chapel early that day. The 7:30 a.m. Mass is cancelled on Aug 1.

#### **Catholic Religious Education Office opens**

The Catholic Religious Education Office in the Chapel Annex opens Aug. 2, with the Religious Education Program beginning Sept. 12. The sacrament of confirmation will be offered to high school children this academic year. The confirmation program, "Confirmation 2000," gets underway with a parents' meeting on Sunday, Aug. 15, at 6 p.m., in the Chapel Annex. Help Ruth Arnold, confirmation coordinator, and her team by talking with your high school teenagers about their decision to seek confirmation, and by preregistering them as soon as possible. Call Pam Willey, Religiuos Education coordinator, at 274-7128, evenings.

# Spotlights

## A supplement to the Hansconian

Editorial content is edited, prepared and provided by the 66th Services Squadron at Hanscom. All photos are Air Force photos unless otherwise indicated. Any questions about this supplement may be addressed to Joan Barnhart at 3-9681.





## What's Happening in Services

## **Outdoor Recreation**

- Bldg. 1531, 3-5316 Remember to use Outdoor Recreation for your UPS shipping
- ☐ A self-study boaters safety **course** is now available through Outdoor Recreation. Remember, all potential boat renters must take this course to rent from us.
- $\Box$  The **mini-golf** complex is open Wednesday through Sunday, noon to 8 p.m. Adults \$2 and children \$1 for 18 holes.

Book your party or squadron function with us by calling 3-

☐ Attention **Volksmarch** enthusiasts. This year the Volksmarch will be conducted Sept. 18 at Fourth Cliff. Plan now to join us for this super annual event and be ready to celebrate with us as we combine our Volksmarch with our Oktoberfest Celebration. Details and registration information will be coming.

☐ Bring your propane tank to us Monday through Friday by 1 p.m. and pick up the same day by 3 p.m. Only \$8.

#### Youth Center Bldg. 1993, 3-3739

☐ The Northeastern University Soccer Camp will be held at the Youth Center from July 26-30, 9am-3pm daily, \$100 per child, for boys and girls, grades three to nine. Register at the Youth Center.

#### **Swimming Pool** Bldg. 1550, 3-2455

☐ Register now for base swim teams, both youth and masters. Call Rich at 3-2455.



#### **Hanscom Lanes** Bldg. 1531, 3-2237

11 a.m. to 10 p.m. Win up to 1,000. Only  $\hat{1}$  per chance.

in July. Choose from 3 to 5 p.m. choice is yours.

or 5:15 to 7:15 p.m. Cost is \$7 per lane for 2 hours of bowling.

☐ Book your next birthday party with us. Tuesday and Wednesday are available from 2 to 4 p.m. and Saturday noon to 2 p.m. Reservations must be made in advance by calling us between 9 a.m. and 5 p.m., Monday through Friday.

☐ Glow bowl with us Aug. 7, 13, 21 and 27

#### **Base Library** Bldg. 1530, 3-2177

- ☐ Story time for children takes place every Tuesday, 10:15 to 11 a.m. Children ages three to five are invited to join us for stories and craft activities.
- ☐ Today the Base Library will hold it's first grand prize drawing for Book Busters. This will be for a party package at the Bowling Center for the winner and five friends. All participants are welcome to attend. The drawing is for children who have read 10 or more books in the Book Busters program. Drawing will take place at 2 p.m.
- ☐ The Base Library offers internet access through America On Line. Call us for details.
- ☐ There's still time to join our summer reading programs. All children, ages toddler through 14, are encouraged to sign up today! For every five books read, receive a prize. Call for inforamtion.

#### **Auto Hobby Shop** Bldg. 1702, 3-2612

- ☐ The Auto Hobby Shop is still open for service. Call us to schedule your tough maintenance jobs. Our hours are Tuesday through Friday, 10 a.m. to 6 p.m. and Saurday from 8 a.m. to 6 p.m. We are operating on a week by week basis until we move to our new facility.
- ☐ Get your car clean at □ Bowling bingo runs daily from Hanscom's Car Wash. Take advantage of our fully automated touchless system, or the do-it-☐ Family bowling every Saturday yourself manual system. The



#### **Fitness and Sports** Bldg. 1548, 3-3639 ☐ The Fitness and Sports Center

- offers 22 aerobic classes each week. Stop by or call for schedule and details of class levels and
- ☐ Therapeutic massage is offered on Mondays between 8 and 11 a.m. and 1 to 4 p.m. Appointments are available on the half hour for \$30 or \$50 for one hour. Appointments must be accompanied by payment.
- ☐ Free martial arts classes are held every Monday and Wednesday from 7 to 8:30 p.m. and Saturday, 11 a.m. to 1 p.m.
- ☐ Intramural tennis will begin in August. See your unit sports representative or call the Fitness Center for more information.
- ☐ Individual fitness assessments are available.

Call customer service at 3-3639 to schedule your appointment

☐ July's 5K Fun Run or Walk will be held July 29 at 9 a.m. Cost is \$10 for T-shirt and fitness drink or \$3 for just the drink. A traveling trophy for the squadron with the most participants and for the fastest five-person run team is

Call 3-3639 for registration information

#### **Fourth Cliff** 1-800-468-9547

- ☐ Lobster and steak cookout and family night, Aug. 7 at 1 p.m. Call for tickets and reserva-
- ☐ Audubon seashore adventure, Aug. 10 at 2 p.m. Reservations required.
- ☐ Fish printing T-shirt art, Aug. 17, 2 p.m. Reservations required. ☐ Join us on Aug. 21 for **family** 11:30 p.m.

#### Home alone training offered to children Wednesday, Aug. 10 and 24

In order for youth aged 10 tions, safety in the home and neighthrough 11 to stay home alone, they must complete the "home alone"



on their own. This training teaches parents and

children about family communica-

borhood decision making and problem solving. Hanscom has established a policy addressing ages and circumstances under which children may be left unattended.

The classes will be held again on Wednesday at the Family Support Center from 6 to 8 p.m.

Call the Youth Center at 3-3739 are ready to be for class reservation, class dates and information. Classes are scheduled twice a month through September.

Aug. 6 is membership night at the Patriot Enlisted Club and the Officers' Club 4:30 to 6:30 p.m.

## Hanscom's club catering can help with special events in your life

you've got a big wedding to facilities, at a price that fits plan? How about a baby your budget. shower, a bridal shower, or closest friends? Not sure of at 781-3-9694. what to do or where to go? Then let the experts at our Clubs Catering Office take the worry and stress away. You'll sit down with one of our planners and go over night with the sounds of "The every detail of your party Man with Many Hats." 7:30 to from soup to nuts. We'll work with you to arrange a

Feeling stressed because great party, in one of our

For information or to talk an office, home or birthday to one of our professionals, party for 50 to 300 of your call the Clubs Catering office

